



20 percent of all new AIDS cases reported in New York State in 2002 occurred among people age 50 and older.

HIV (Human Immunodeficiency Virus) is a virus that attacks the body's immune system and makes the body too weak to fight off life-threatening illnesses and disease. People with HIV can have it for many years, yet have no symptoms.

AIDS (Acquired Immune Deficiency Syndrome) is the last stage of HIV infection. There are medicines that can help people with HIV stay healthy longer, but there is currently no vaccine or cure for HIV and AIDS.

How do people get HIV?

HIV is passed from one person to another during unprotected sex (anal, vaginal or oral sex without a condom), or by sharing needles and works to shoot drugs with someone who has HIV. Also, HIV can be passed from a mother to her baby during pregnancy, delivery or breastfeeding.

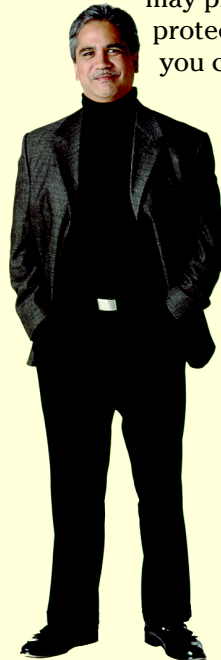


"I was married for over 20 years. I was totally unprepared for being single again and I took a lot of risks."
- 54 year-old woman, recently divorced.

Age won't protect you, knowledge will.

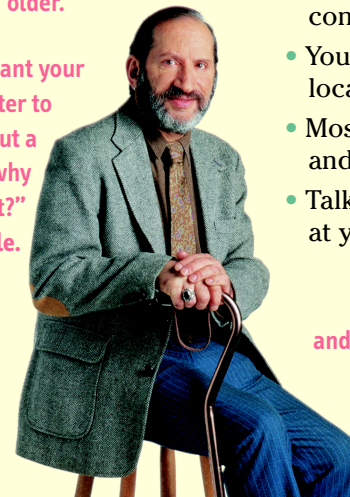
You can protect yourself and those you care about from HIV:

- Use a latex condom every time you have sex (anal, vaginal and oral). Even if pregnancy is not a concern, HIV and other STDs (sexually transmitted diseases) should be. Condoms, when used the right way every time you have sex, are very effective in preventing HIV and many other STDs. Condoms prevent the spread of STDs like HPV or genital herpes, only when the condom covers the infected areas or sores.
- Never share needles or drug works.
- Call 1-800-541-AIDS to find out where you can get new, clean needles without a prescription.
- Talk with your partner(s) about HIV and get tested.
- Don't use alcohol or other drugs which may prevent you from protecting yourself and those you care about.



13 percent of HIV infections diagnosed in New York State in 2002 were among people age 50 and older.

"You wouldn't want your son or daughter to have sex without a condom. So why would you do it?"
- 52 year-old male.



Who's at risk for HIV?

You may be at risk for HIV if you have ever:

- had unprotected sex (anal, vaginal or oral) with a partner who has HIV, or whose HIV status is not known.
- shared needles or works to shoot drugs (including insulin or steroids).
- shared needles for piercing or tattooing.
- had an STD such as syphilis, gonorrhea or herpes.
- had more than one sex partner.

If these issues do not apply to you now, you may be at risk for HIV if you enter into a sexual relationship in the future and do not use protection.

The only way to know for certain is to get tested for HIV.

HIV testing is easy and free.

- You can get a blood test OR an oral HIV test.
- Some sites give results the same day as the test.
- State and city clinics offer free, anonymous HIV tests. Anonymous testing means you do not give your name.
- Even if you don't choose an anonymous test, ALL HIV test results are kept confidential.
- You can buy an HIV home test kit at your local drug store.
- Most clinics, local health departments, and doctors perform HIV tests.
- Talk with your doctor about HIV testing at your next visit.

"AIDS has brought younger and older people together. You can be vulnerable whether you're 15 or 75"
- 64 year-old male.

What else can you do about HIV?

- Get more information about HIV prevention and testing.
- Put this information to good use in your life.
- Share this information with the people you care about.



**"HIV prevention is an on-going, life-long job."
- 60 year- old male.**

Where to go from here

New York State HIV/AIDS Hotlines

English	1-800-541-AIDS
Spanish	1-800-233-SIDA
Counseling	1-800-872-2777

HIV/AIDS TTY/TTD Information Line:

1-212-925-9560

Voice callers use the NY relay: 711

or 1-800-421-1220
and ask the
operator for 1-212-925-9560

NYC HIV/AIDS Hotline 1-800-TALK-HIV

New York State Office
on Aging 1-800-342-9871

Services and Advocacy
for GLBT Elders (SAGE) 212-741-2247

NY Association on
HIV Over 50 212-481-7594
www.nyahof.org

National Association on
HIV Over 50 (NAHOF) 617-262-5657

age is no barrier



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